Dining
Campers dine in Dansbury Commons, the university student dining room. Nutritious all-you-can-eat meals are served, with salad and dessert bars.

Camp Care Services
Our ESU summer camp care staff are first aid and CPR/AED certified. Summer camp care staff will provide routine first aid services to the participants during the hours that camp is in session and will refer medical emergencies and illnesses to the Pocono Medical Center, located one block from campus.

Medical Insurance
ESU does not provide individuals with medical insurance. Each camper must provide his/her own medical insurance plan. ESU is not responsible for paying medical deductibles or hospital costs for any camper.

Online registration available at: www.esu.edu/camps

Dining
Campers dine in Dansbury Commons, the university student dining room. Nutritious all-you-can-eat meals are served, with salad and dessert bars.

Daily Schedule
8 a.m.  Breakfast
9 a.m.  Session I
11 a.m. Lunch
1 p.m. Breakout session (Recruiting, Nutrition, Film)
2 p.m. Session 2
4 p.m. Dinner
6 p.m. Session 3
8 p.m. Camp Activity (Swimming, Movie, Social)
10 p.m. Campers in Rooms

Allison Keeley
esuvolley@gmail.com
702-528-4226

Office of Conference Services
East Stroudsburg University
East Stroudsburg, PA 18301-2999

Notice of Nondiscrimination: East Stroudsburg University of Pennsylvania does not discriminate on the basis of race, color, national origin, religion, sex, disability, age, sexual orientation, gender identity or veteran’s status in its programs and activities in accordance with applicable federal and state laws and regulations. The following person has been designated to handle inquiries regarding this policy: Director of Diversity/Ombudsperson, 200 Prospect Street, 115 Reibman Building, East Stroudsburg, PA 18301, 570-422-3656.

For more information, assistance or special accommodations, please call 570-422-3061.

Volleyball

2015 Summer Sports Camps
www.esu.edu/camps
A Member of the Pennsylvania State System of Higher Education


**General Information**

- Open to Athletes Grades 6 - 12
- FOUR DAYS of learning and fun
- 6:1 Camper to Coach Ratio
- All camps will incorporate general skills, position specific drills and game play/competition.
- Check in Time - 1 - 1:30 pm
- Check Out - 12:30 - 1:00
- Breakout sessions will include goal setting, sports psychology, nutrition, conditioning and recruiting.
- Brand new air-conditioned residence halls with 2 or more to a suite and private bath
- Air conditioned gym, cafeteria and room facilities.
- All you can eat meals
- Daily swim time
- 24 hour on-campus police coverage
- Beautiful Camp Setting in the Pocono Mountains

**Philosophy**

“Our camps feature one of the best small-camp experiences in the country. Our goal is to help you take your game to the next level. We love volleyball and want to share our knowledge and enthusiasm with athletes like yourself. Your enjoyment and improvement is critical to us. We look forward to seeing you soon!”

**Camp Director**

Allison Keeley

- ESU Head Women’s Volleyball Coach
- Former Division 1 West Regional and Mountain West Conference Coach of the Year
- Former Head Coach at Villanova and UNLV

**Staff**

Devon Paffendorf

- ESU Assistant Volleyball Coach
- Former Centenary Assistant Coach

Chris LeWonka

- ESU Assistant Volleyball Coach
- Former High School and Club Coach

**Warrior Volleyball Camp**

This camp is to structured to meet the specific needs of a range of ages and abilities. All campers will be grouped by ability.

*Experienced athletes will be offered a college level intense training experience. Training will include position specific sessions and advanced offensive and defensive team concepts. Game play will be highly competitive and fast paced. This experience will prepare athletes to excel at the high school varsity or club level.

*Athletes newer to the game will have the opportunity to learn in a fun and supportive environment. They will be given an opportunity to work on the full range of basic skills. Their team drills will include learning the basics of team systems in serve receive, offense and defense. This camp will prepare athletes for confidence and success at upcoming team or club tryouts!

**Cost**

Team Discount*: $10 Team discount for 8 players or more from same team.

*To receive the team discount, a coupon code MUST be included in your initial registration form. No discounts will be given thereafter. Please contact coach for codes.

Deposit Payment Cancellations Refunds
Please enclose a $100 non-refundable deposit with all applications. Balance is due one week prior to the start of camp. Campers who leave during the course of the camp will receive a refund based on the number of days services were rendered. No refunds will be issued to campers sent home for disciplinary reasons. All refund requests must be submitted to the Office of Conference Services within 10 days of the last day of camp. No refunds will be issued after that time. Please allow six to eight weeks for processing of any refunds.

ESU Warrior Sports Camps have contingency plans in the event of inclement weather, however, indoor practice facilities may be limited.

**Online Registration at:**

www.esu.edu/camps

**Application**

Please print clearly in ink.

Name ________________________________

Address ________________________________

City/State/Zip ________________________________

Home Phone ________________________________

Emergency Phone ________________________________

E-Mail ________________________________

Grade Entering ___ Age ___ DOB ___/___/___

Gender ___ School/Team _________________

Coach ________________________________

Position ________________________________

Select Camp(s):

___ (7/26 - 7/29) ___(8/2-8/5)

___Overnight ___Commuter

Room with_____________________________

Adult T-shirt Size:  S  M   L  XL

(Please circle one)

*Non-refundable $100 deposit per camp must accompany registration form.

Make checks payable to:

ESU WARRIOR VOLLEYBALL CAMP

Mail to: Office of Conference Services,

200 Prospect Street, East Stroudsburg, PA 18301

**Medical Insurance Information**

Company Name ________________________________

Policy Number ________________________________

Group Number ________________________________

Name of Parent/Guardian ________________________________

I hereby authorize the camp staff and athletic trainers of East Stroudsburg University to act for my son/daughter in any emergency situation. I also authorize my son’s/daughter’s attendance in ESU’s Warrior Sport Camp. I certify that he/she is in good health and is able to participate in all camp activities. I understand that the camp staff, trainers, and university will not be held responsible for any injuries that occur on the way to, during or on the way home from ESU.

Parent/Guardian Signature ________________________________

*To receive the team discount, a coupon code MUST be included in your initial registration form. No discounts will be given thereafter. Please contact coach for codes.